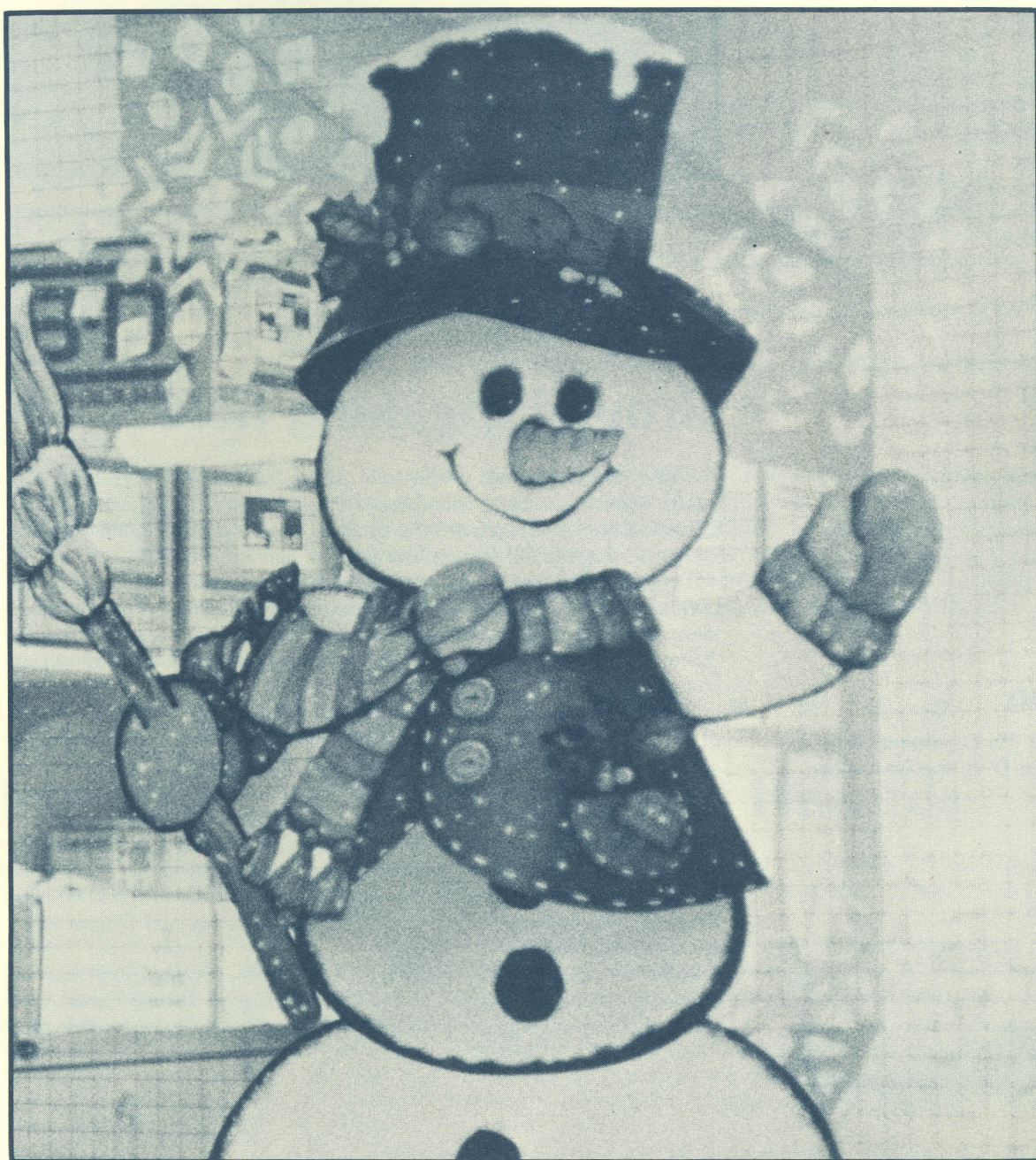


Newsletter for the Allentown and Sacred Heart Hospital Center

# update

Volume 3, No. 25

December 22, 1980



*The Holiday Spirit arrives ... see inside!!!*





## The Center Welcomes

**To Emergency Room/Outpatient Services**  
Nancy Sterner

**To Engineering**  
Ronald Kavcak

**To Housekeeping**  
Bruce Capron  
Darlene Gross  
Henry Dries

**To Laboratory**  
Ann Marie Phillips

**To Nursing Service**  
Steven Fritts  
Maryann Jacks  
John Satkovitch

**To Pulmonary Function**  
Brenda Reinbold  
Diane Stauffer

**To Radiology**  
Pamela Oser



Digging away are (left to right) Leonard Farkas, Ray Siegfried, and Carole Bosch.

## Correction

Sidney Stecher, Ph.D., was incorrectly identified as an Ed.D. in the December 8, 1980 issue.



Gale Schmidt — Editor  
Jim Higgins — Associate Editor  
Janet Laudenslager — Staff Assistant  
Jack Dittbrenner — Photography  
Darla Molnar — Photography

## Ground breaking held

In the midst of a cold winter rain, about 50 hearty administrative and department heads, board members, members of the building committee, and staff members of departments benefiting from the project, braved ground breaking ceremonies for the Center's new 44,000 square foot general services building.

Though bulldozing of the site was already underway adjacent to the loading dock, Leonard Farkas, Director of Engineering, Ray Siegfried, Director of Materials Management, and Carole Bosch, Housekeeping Supervisor, took up shovels to officially "break the ground" for the building, which will house their departments when completed.

Speaking at the program were Ellwyn Spiker, Administrator, Henry Dent, member of the Board of Directors, John Body, Chairman of the Building Committee, and Joseph E. Vincent, M.D., Past President of the Medical Staff.

The General Services Building will provide necessary working and storage space for many of our congested departments. In addition to the Departments of Engineering, Materials Management, and Housekeeping, the building will provide space for storage of Radiology and Cardiac Catheterization Laboratory records. When these departments move, the vacated space will provide needed room for expansion for Nuclear Medicine, Radiology, Pharmacy, Supply, Processing and Distribution, Pastoral Care, and Physical Medicine.

After the ceremony, all A&SHHC employees, medical staff, and volunteers were invited to attend a reception in the Hospital Center Dining Room where the floor plans of the new building were displayed, and refreshments were served.



Appearing on "On Call: A Valley Health Series" on WLVT-TV, Channel 39, will be:

**December 22, 7:30 P.M., December 27, 3:00 P.M. - Special Edition from San Francisco** - A rebroadcast of John Farquhar, M.D., and Nathan Maccoby, Ph.D., from Stanford University's Heart Disease Prevention Project, discussing their success at reducing people's risk of heart disease and heart attack.

**December 29, 7:30 P.M., January 3, 3:00 P.M. - Wellness** - The wellness movement is challenging medicine and is growing across the nation. It emphasizes total health and well-being for an individual, instead of treatment for one ailment at a time. Jeff Burtaine, M.D., joins host Shelley Brown and co-host Headley S. White, Jr., M.D., to discuss this new life-style medicine. The program also features New Year's resolutions and upcoming topics for "On Call" in 1981.

**January 5, 7:30 P.M., January 10, 3:00 P.M. - Eyes: The Real Insight** - Blindness is a frightening prospect, and it can gradually happen without any warning signs or symptoms. David Jones, M.D., and Arnold Traupman, M.D., offer helpful information on preventive eye care and treatment. Most degenerative eye problems are preventable simply by having regular check-ups. This program features a videotaped visit to an ophthalmologist's office to observe an eye examination.

## Wellness Calorie Counter

These exercises can help promote heart and blood vessel (cardiovascular) and lung (respiratory) fitness.

### Walking

1 MPH, slow stroll on level road	120-150
3.5 MPH	300-360

### Cycling

5 MPH	220-260
8 MPH	300-360

### Swimming

1/4 MPH, leisurely	300
3/4 MPH	800-1000

### Jogging or Running

4 MPH	400-500
8-10 MPH	800-1000

In order to increase your physical activity, you will have to make a conscious effort to expend more energy every chance you get. Here are some ideas for how to go about it:

- If you use a car, park at the far end of the lot or several blocks away from your destination and walk to where you are going. If you are using public transportation, get off one or two stops before your destination and walk the rest of the way.
- At home and at work, answer the phone furthest away from you; use the bathroom on another floor if possible.
- Take the stairs instead of elevator, or ride the elevator part of the way and use the stairs for the last flight or two.
- Get things yourself rather than asking someone else to do it for you or doing without.

## On Smoking...

According to researchers at Harvard Medical School, children whose parents smoke have poorer lung function than do children of non-smoking parents.

More than four hundred Boston children between the ages of five and nine were assessed and the findings pointed to an impaired lung capacity if one parent smoked more than one cigarette a day for more than one year. The children had even more trouble inhaling and exhaling if both parents smoked, compared to children of families in which neither parent smoked.



## New bus stop!

Look for a new fully enclosed bus shelter in front of the Hospital Center soon!

According to Glenn Schneider, Assistant Director of Engineering, a 6' x 12' plexiglas LANTA bus shelter will be constructed along the main road, west side (to the right of the circular front drive when facing the hospital), by the end of the month. This new location should solve many of the problems created by previous bus stop locations.

## Seasonal Plant Hazards

Many plants brought into homes during the yuletide season contain toxic substances. Beware and be safe! Keep the phone number of the Lehigh Valley Poison Center handy - 433-2311.

**Mistletoe** - popular because of the custom of kissing beneath its branches, contains betaphenethylamine and tyramine, both toxic chemicals. Death can occur after 12 hours of ingestion. Symptoms include severe gastroenteritis, vomiting, nausea, and diarrhea.

**Holly** - Ingestion of the bright red berries, which contain illicin, can produce poisoning. If 20-30 berries are ingested by a child, the result could be fatal. Rapid onset of violent symptoms occur including nausea, vomiting, abdominal pain, and severe diarrhea.

**Evergreens** - oil of balsams, fir, cedar, juniper, and pine are extremely toxic in pure form. Ingestion of any amount should be treated by pumping the stomach.

**Boxwood** - an evergreen shrub consisting of long leathery leaves that are dark green above and light green below with a whitish midrib. If eaten, severe gastroenteritis may occur along with convulsions and respiratory failure.





## Bermuda - April 3-6

The next installment of \$160 for the Bermuda trip, April 3-6, is due by Monday, January 12, 1981. The final installment of \$159 is due by Monday, February 9, 1981. All checks should be made payable to A&SHHC Recreation Committee and returned to the Public Relations Department. If you have any questions, please contact Janet at 3084.

## Meeting date

Beginning in January, the Recreation Committee will meet on the first Tuesday of the month at 12:00 Noon. The first meeting of the new year will be on Tuesday, January 6, at 12:00 Noon, in the Board Room. If anyone is interested in joining the committee, please come to the meeting.

## Christmas Spirit

The Recreation Committee would like to extend its sincere appreciation to those who contributed to the Christmas collection box for needy families. Your thoughtfulness has helped to bring the Christmas Spirit to those less fortunate. God Bless Us, Everyone!

**The Recreation Committee would like to thank everyone for their support this year, and wish everyone a Very Happy Holiday!**

Allentown and Sacred Heart Hospital Center  
1200 S. Cedar Crest Blvd.  
Allentown, PA 18105

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The number of volunteers assisting in many departments at the Hospital Center is growing!

New volunteers oriented in October and November include: Martin Crystal, Agnes Evans, Jane Feinberg, Nancy Haldeman, Louise Hartman, Susan Himes, Leslie Jarmyn, Shirley Kades, Angela Krassley, Nancy Kristel, Beth Loyd\*, Herman Moose, Bertha Newcomer, Carol Ritter, Jill Saylor\*, Phyllis Smith, Dee Sweeny, Edith Vallar, and Susan Zimmerman.

\*candy strippers

Candy strippers **Eileen Loch, Karen Moyer, and Lynn Siegfried** will be leading other junior volunteers in a program of traditional Christmas carols with instrumental accompaniment on December 23, at 7:00 P.M., in the Hospital Center Chapel.

Volunteers will be transporting patients to the Chapel at 6:45 P.M., and a short reception for volunteers and friends will be held in the Volunteer Services Department immediately following the program.

Eileen, Karen, and Lynn began planning this holiday festivity during the summer when they were performing various tasks in the Operating Room Instrument Room.

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